Join our Research Study :

Healthy Lifestyle for Rheumatoid Arthritis

Are you interested in improving your health and helping advance science?

We are seeking volunteers to participate in research focused on how healthy lifestyle changes can benefit people living with rheumatoid arthritis.

Who Can Join?

We are looking for people who are:

- Recently diagnosed with rheumatoid arthritis
  - ➢ Within the last 24 months
- Currently on medication for your RA
- Motivated to make positive lifestyle changes
- Able to attend to assessments at the Princess Alexandra Hospital

What's In It for You?

- Access to expert guidance in exercise, diet and mental health strategies
- The opportunity to participate in groundbreaking research
- Improved tools to help manage your RA

Scan QR code

How to Get Involved?

To find out more

- Scan the QR code, or
- Email : fi.thomasresearch@uq.edu.au